

ASB elections

Campaigns begin

by Elaine Beno

ASB members will have an opportunity to go to the polls next week and elect the student president, vice president and seven senators for the upcoming spring semester.

In the presidential race, the voters will be selecting the incumbent, Chris Miller or challenger, Mike Congdon.

Not since 1974, when Jim Winseck served as ASSAC president for two terms, has an incumbent president run for re-election.

The man chosen for the job will, "face a financial crisis because of a drop in enrollment and ASB Card sales," said Don McCain, activities director and ASSAC advisor.

The drop in card sales, he said, is a direct cause of the drop in enrollment.

McCain added, however, that the person elected by the ASB would be the most fortunate because SAC has never had large numbers of outstanding office-seekers of the spring-term positions.

There are 18 candidates running for seven posts in the senate, one for the vice president and two looking at the president's chair.

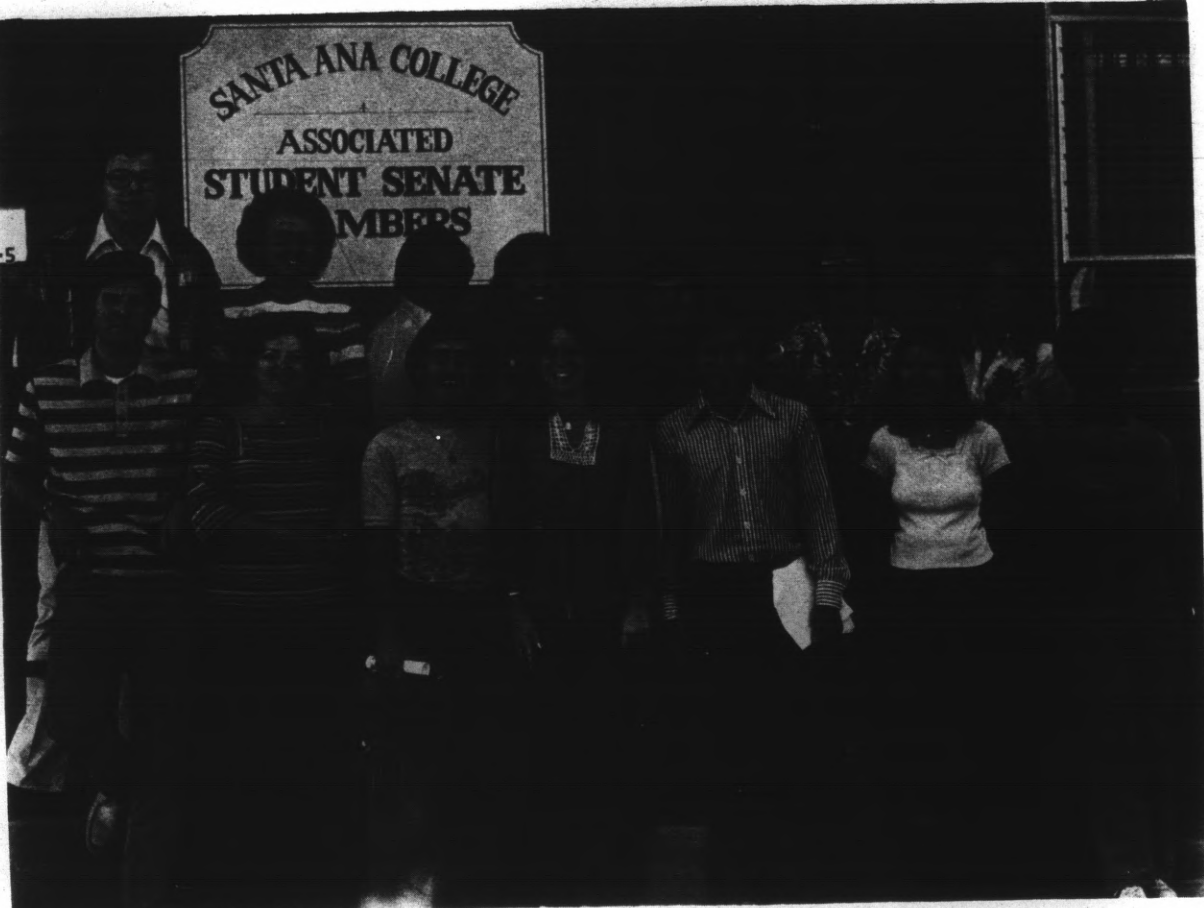
More petitions had been taken out but at the closing of Monday's 3 p.m. filing deadline, 21 were officially submitted.

McCain described all the candidates as, "enthusiastic, intelligent, and willing to work hard."

A sprinkling of new faces and names are on the ballot along with seasoned members of student government seeking re-election.

The ASSAC advisor predicts a large voter turnout next week, which he attributes to a greater voter interest and the large number of candidates who campaigned this week.

ASB members may cast their ballots Monday through Thursday, Dec. 13-16, from 9 a.m. to 2 p.m. and 6 to 9 p.m., in the booths located on the campus mall adjacent to Russell Hall.



TAKE YOUR PICK - Candidates for next week's ASB elections are: front row Stan Magill and Leslie Nelson, senator; Chris Miller, president; Darlene Jacobson, vice president; Michael Congdon, president; Kathy Campbell and William Parker, senator. Back row: John Stetz, David

Vetter, D.R. Madrid, Kathleen Silva, Michael Tryk, John Brickner, and Di Little, all for senator. Fredrick Shivers, Jr., Steve Ahumada, Leanne Romriell, Alan Romriell, Patti Gay, Pamela Draper, and Robert Stock are not shown. (photo by Dean Lyon)

Disability program foresees expansion

by Sean Reily

When students with learning disabilities came to SAC in the past they were reluctantly told that we don't have the facilities to accommodate them. Even if they were accepted, the school wasn't reimbursed for the money it spent to teach them how to adjust to college level work. Now with the passage of the Lanterman Bill, a program of this nature is in the planning at SAC.

"A person may function completely in all aspects of life, but for some reason maybe they can't learn to read or write. This is the kind of person we are trying to deal with," said Mary Majors coordinator of the DISSAC program.

Majors runs the disabled student program under direction of Dr. John R. West, Dean of Special Services.

Learning disability is defined as "a person with neurological, biochemical or development limitations. They possess unusual perception, cognition or do not respond normally to environmental stimuli. This can limit their ability to listen, speak, read, write, or spell," said Dr. West.

Although the initial reason for the Lanterman Bill was to unite all the funds for disabled students into one budget, the learning disability is an important offshoot of it. The bill has already obtained necessary approval and now is left for the Chancellor and Department of Rehabilitation to set its exact guidelines. Once this plan of action is decided upon, it will be effective immediately.

"A person may function completely in all aspects of life, but for some reason maybe they can't learn to read or write."

Mary Majors

SAC started its physically disabled program in the '73-'74 school year, but under the present situations it cannot realistically offer any help for the mentally or emotionally handicapped.

"I heard talk on the program in Sacramento and toured schools in Northern California to see these programs in effect," said Dr. West who sees no reason why the program couldn't be just as successful here.

"My main concern is of the people out there in the community who are receiving no service at all," added Dr. West.

Another important point of the bill would be that people of different cultures namely the Vietnamese, could receive educational assistance in adjusting to the western world.

★★★ Inside el DON ★★★

***Election time at SAC is nearing and the two student body presidential candidates spill their platforms for the el DON. Read about Mike Congdon and incumbent Chris Miller and their respective ideas on page 3.

***With people everywhere heading toward various consciousness-raising techniques, the '70s are being tagged the "me-decade." T.M., est and self-hypnosis are just a few to be read about on pages 4 and 5.

***Page 8 features a story on SAC's women volleyball team, the squad now participating in the Community College Nationals.

el DON

SANTA ANA COLLEGE

Vol. LII No. 11

Santa Ana, California 92701

Dec. 10, 1976

Food thefts cause problems for students, administration

by John Barna

An alleged theft of food from the cafeteria has lead to a SAC student facing eight misdemeanor counts and a possible felony charge. The incident has brought to light the extent of food theft on campus and the administration's attempts to deal with the problem.

Assistant District Attorney Joan Riley is handling the case and while she has filed eight misdemeanor charges, by press time the decision on the felony charge has not been made. If that charge is not filed, Dr. John Johnson, president of SAC, has indicated that the RSCCD will attempt to plea bargain to drop all charges and deal with it as a student affair. Dr. Johnson said that the school would prefer to handle it that way as nothing is gained by the student having a criminal record.

Because of the possibility that all charges might be dropped, the name of the suspect will not be revealed.

According to the security report, the incident occurred about 10:30 a.m. on Nov. 22. A person seen taking food from the cafeteria was confronted by a security officer. After denying taking the sandwiches, the suspect proceeded to shove one of the three officers who were present. The suspect began to fight the officers and it eventually took four of them to subdue him.

According to Thomas Trawick, security director at SAC, the policy of security is to use as little force as possible in apprehending a suspect. Because

of this and the strength of the individual, it took four officers to make the arrest.

Security officers normally do not carry batons and they are not armed. Mace is carried but has never been used on any person. Trawick said that "95 per cent of our functions are related to traffic, parking and assistance to students and faculty." We have apprehended a number of suspects," he said, in relation to food thefts, but security tries other means to solve the problem in lieu of

arresting the individual.

Ronald Sabo, director of Auxiliary Services, said, "I have been in charge eight years and this is the first time it has been this evident. It is quite obvious." Sabo could give no reasons for the significant increase in thefts from both the Snack Bar and cafeteria, but hinted that perhaps the change to more self-service operation is a factor.

"There is nothing we can do except make the students more aware and responsible," said Sabo.



A SHOT IN TIME - Hal Barnhardt receives his Swine Flu shot from Health Center Coordinator Mary Carbone. (photo by Dean Lyon)

Campus News Briefs

Certificates given to speakers

The SAC Speech team competed in a two-day tournament last Friday and Saturday at Cal State Los Angeles.

The Fall Individual Events Championship was the fifth tournament the team has competed in.

Several of the members were able to make the semi-finals.

Leighton Harrison won a certificate of excellence in novice Oral Interpretation and placed fourth in the finals.

Kris Iwerson won a superior certificate in novice Oral Interpretation and reached the semi-finals.

In novice Persuasion, Martha Gutierrez and Le Werthmuller each received an excellent certificate and placed in the semi-finals.

Other team members who won certificates were David Lane who received a Superior in Varsity Oral Interpretation, Richard Pattison in novice Oral Interpretation and Art Posik in novice Impromptu.

Student art sale slated

The Art Department holds its annual, "Student Christmas Art Sale," in the Humanities Building Lobby, Dec. 15-17.

The three-day event will be open 8 a.m. to 10 p.m. on the 15th and the 16th. On the final day, the sale hours will be 8 a.m. to 4 p.m.

Bargain prices for all mediums are available. Pots, drawings, paintings, prints, photos, and other art pieces will be sold.

Bookstore bargains available

The Don Bookstore is having a Book and Record sale from now until Christmas vacation.

Discontinued, used and donated books will be available. Also bike bags are being sold.

Revenue contributes to the support of el DON.

'Christmas Star' offered

Tessmann Planetarium offers, "The Christmas Sky," a scientific investigation into the Star of Bethlehem, at 7:15 and 8:15 p.m. on Tuesday and Thursday evenings through Dec. 16.

Reservations are required and there is no entrance fee. Call 835-3000, ext. 317.

Last day to 'W' classes

The last day to withdraw from a class with a "W," is today. Students dropping classes after today will receive an "F," grade. Today is also the last day to file a credit/no credit class petition. For more information check with the Admissions Office.

Board to meet Monday

The RSCCD board meets Monday, Dec. 13 at 7:30 p.m. in the Administration Building, second floor.

Opportunity knocks at placement door

The District Student Help Program is only one of many work opportunities offered to the student by the job placement office, says Joe Dias, SAC Placement Officer.

This program allows a student to work on-campus, through Federal, state and community funds, part-time while attending SAC. Roughly 600 students participate during an academic year.

Any applicants to the program are reviewed by a "need analysis" schedule that decides which applicants need income the most.

Although these students work under instructors and other college personnel, usually within the field of their major, "the program's main purpose is to provide a student with an opportunity to earn money," reminds Dias.

However, the responsibilities of work on-campus are the same as those in off-campus jobs.

"If the work begins to interfere with the student's school work, amendments to this schedule have to be made, after all, an education is the whole reason why a student is here in the first place," comments Dias.

Dias is the mediator of all grievances, either from the instructor or the student or both. If no compromise can be found between them, Dias tries to reassign the student to a job elsewhere on campus.



You Can Find Your Future in the Legal Profession

If you are seeking a career opportunity — WSU offers several ways in which you can enter the legal profession. **Full-Time Students:** Can earn a J.D. Degree and be eligible to take the California State Bar Examination in 2½ or 3 years. **Part-Time Students:** Can graduate in 3½ or 4 years of study with the same degree as a full-time student by attending class an average of 3 times per week, 3 hours per class. There are schedules to fit many needs — classes are offered days, evenings and weekends. **Western State University College of Law** has a **Whole Person Admissions Policy** — applicants are screened for academic background, personal aptitude, general experience, maturity and motivation. Applications are now being accepted for Spring Semester from men and women with two or more years of college credits. Pre-admission counseling is available.

For catalog fill out and send to: Western State University College of Law, Dept. 174, 1111 N. State College Blvd., Fullerton, CA 92631. Phone (714) 993-7600.

Name _____
Street _____
City _____ State _____ Zip _____

APPLY NOW FOR SPRING SEMESTER — CLASSES START JANUARY 17.

Although the cost of professional education continues to spiral, tuition at WSU remains among the most moderate in the nation.

Western State University College of Law

Fully accredited by the State Bar of California and by the Western Association of Schools and Colleges. Students eligible for Federally Insured Student Loans.

YOU'RE INVITED

TO ENJOY A TELEVISION ENTERTAINMENT SPECIAL

"THE FAMILY AND OTHER LIVING THINGS"

STARRING

Bill Bixby - of "The Magician"
Gary Burghoff - of "M.A.S.H."
Ruth Buzzi - of "Laugh-In"
Bill Daily - of "The Bob Newhart Show"
Elinor Donahue - of "Father Knows Best"
The Lennon Sisters
The Singing Osmonds
And Others

SUNDAY DEC. 12 6 pm CH 7

"The Family And Other Living Things" combines drama, music and humor to focus on principles of improving family life.

SEE IT -- FOR THE REST OF YOUR LIFE.



Believe in us...

MUSIC+

Celebrating Our 2nd Anniversary!

The Gift Pack

YOUR CHOICE OF ANY \$3.99 LP

YOUR CHOICE OF ANY \$3.99 BELT BUCKLE

YOUR CHOICE OF ANY \$3.99 T-SHIRT

ALL 3 FOR ONLY \$10

INCLUDES FREE GIFT WRAP!

Give the Gift of Music from Music Plus...Thousands of Gifts Under \$4

WHITTIER 14245 E. Whittier Blvd. (213) 698-8730	ORANGE Mail of Orange (714) 637-9490	PLACENTA 187 E. Yorba Linda Blvd. (714) 996-3470	MONTEREY PARK 2092 S. Atlantic Blvd. (213) 726-0636	HERMOSA BEACH 729 Pacific Coast Hwy. (213) 374-3005	GLENDALE 320 S. Central Ave. (213) 246-9152	PASADENA 3741 E. Foothill Blvd. (213) 351-0616	THOUSAND OAKS 1682 Moorpark Rd. (805) 497-7770
SANTA ANA 2407 S. Bristol (714) 540-9005	LONG BEACH 4790 E. Pacific Coast Hwy. (213) 433-0374	WESTMINSTER 13932 Golden West St. (714) 893-5257	SHERMAN OAKS 4568 Van Nuys Blvd. (213) 789-0671	AZUSA/GLENDALE 1123 E. Alhambra Ave. (213) 335-7310	HOLLYWOOD 1440 N. Vine St. (213) 463-9781	STUDIO CITY 11970 Ventura Blvd. (213) 788-5550	

Elizabeth Reich

Will Santa Claus deliver quake to uncertain So. Californians?



It seems that people outside of California are always worried about earthquakes.

In the Midwest, where tornadoes rage the lands yearly, folks would most likely be horrified at the prospect of moving to the shaky territories of Southern California.

Or in Florida, where hurricanes scare most northerners, people would probably face a few such storms rather than experience one trembling quake.

Or so past history has led us to believe.

In 1939 *The Wizard of Oz* might have caused a few frightened souls to stay clear of Kansas, but the fear must have been considerably greater as the trend of disaster films carried on with the destruction of Los Angeles in *Earthquake* last year.

Actually, that movie helped instill panic in most everyone's mind -- all except those inflicted with the hazard. We've been worrying all along.

Back in the mid-to-late '60s, when demonstrators found a volume of things to protest, Southern Californians had even more to

be concerned with. We were all convinced (at least some of us were) that our last days on land were near. Soon Los Angeles and Orange Counties would inhabit the ocean.

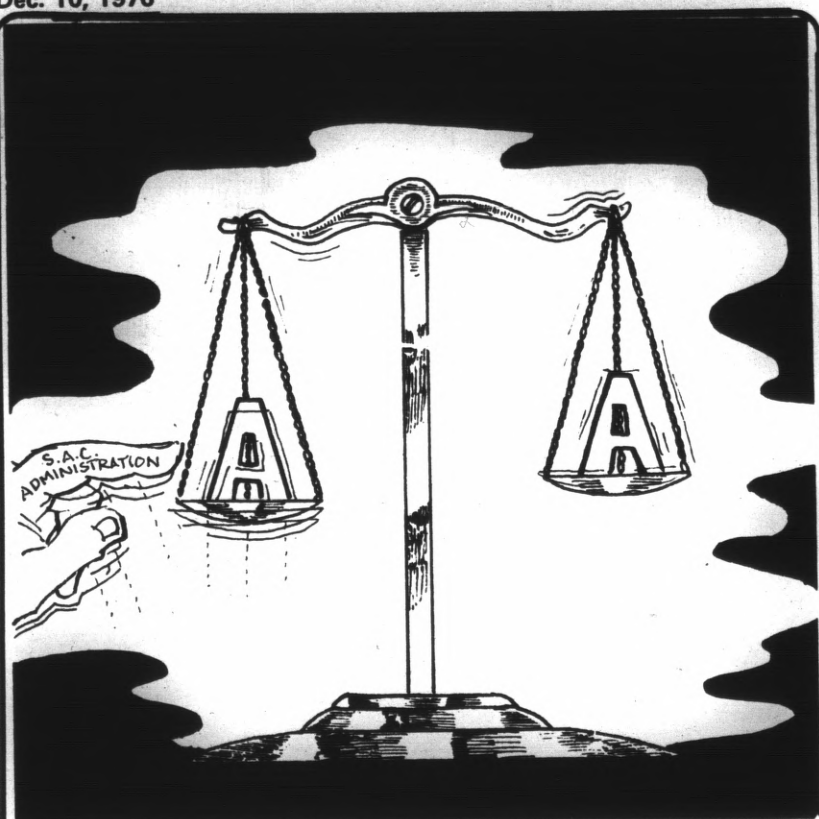
And in 1970 we were all awakened by the reality of it all -- a violent shaking that must have caused a few leery persons to pack up and return to the land of hurricanes or tornadoes.

Now we are told that we have 10 days before the next big quake -- enough time yet for those panic-ridden people to make a quick getaway.

Although the authenticity of the Dec. 20 predicted earthquake may be under investigation, the certainty of the geologist's former predictions have been fairly accurate.

In general terms, the warning included that the quake would occur anywhere south of Santa Barbara, its magnitude uncertain.

Actually, Southern Californians should not worry. Homes today, for the most part, are built much sturdier than during the early San Francisco quake of the 1900's. Or at least that's what we believe to be true. We'll just have to wait and see.



Editorial

SAC administration halts grade inflation

The term inflation has inflated over the past decade and in one way or another has affected us all.

In the spring of 1975, SAC, as well as the entire nation, were confronted with a new definition-grade inflation. An increasing number of A's and B's were appearing on American campuses everywhere, and C's, D's and F's were close to becoming extinct. The average grade, which should be a C, somehow became a B.

Many reasons were contributed to the grade mark-ups such as the Vietnam War. Students with the fear of being drafted leaned on their teachers to be more lenient in the grading so they would receive the required GPA to remain in school and out of the service.

Another factor associated with the grade inflation was that instructors of vocational courses were hesitant in giving lower grades because it could have harmed the possibility of employment for students.

SAC's administration, when faced with the dilemma of grading, took action. They completed a research study on the inflation trend and published the results. Through the study and with the efforts and requests of Dr. Richard Sneed, dean of Academic Affairs, the faculty was made aware of the decline in grading standards and asked to review their courses' objectives.

Lee Layport, division dean of Social Sciences, approached the grade problem lightly.

"Grade inflation was not that heavy in our division," he said "but meetings were convened. We've noticed more consideration in what constitutes an A, B, or C."

Dr. Fred Mabbutt, political science instructor at SAC, agreed with Layport on the slight degree inflation hit the Social Science Department, and commented on his and the division's "sigh of relief" given when the much-needed concern over the surplus of high grades was noticed.

The outcome of the time and toil put in by so many is mirrored onto paper revealing the leveling off of grade inflation. Since the spring semester of 1975 the A's percentage has dropped about six percent and the B's about three percent. Although there is still room to improve, the amelioration is to be commended.

el DON applauds the success the administration and faculty have had in returning the academic standards to SAC as they once were.

Goldfish swallowing contests may be the highlight of the year for some students, but the real purpose in an educational institution is to educate, and the criteria we set for ourselves must not be anything less than perfection.

el DON SANTA ANA COLLEGE

Executive Editor	Elizabeth Reich
News Editor	John E. Barna
Editorial Editor	Brian Bergsetter
Feature Editor	Deirdre West
Sports Editor	Victor Cota
Copy Editor	Diana Lee
Photo Editor	Dave Busch
Graphics Editor	John Shourt
Advertising Manager	Roland Mills
Office Manager	David Vetter
Circulation Manager	Jaime Garcia
Advisor	Terry Bales

Staff members: Chris Ablott, Jerri Ash, Jeff Barton, Elaine Beno, Russell Chesley, Ray Crawford, Becky Eisner, James Hughes, Phyllis Hutchins, Kim Kavanagh, John E. Lee, Dean Lyon, Smith Pineo, Sean Reilly, Julia Romero, Mike Smith, Bob Sparks, Jim Stoughton, Gary Witte, Sergio Zamora.

el DON is published weekly by the journalism students of Santa Ana College, 17th at Bristol, Santa Ana, Cal., 92706. Editorial and advertising offices are located in the Humanities Building, C-201. Phone 541-6064.

ASSAC voting information

Presidential candidates present platforms to inform voters



Chris Miller is the incumbent ASSAC president and is seeking his second consecutive term. He served as an ASSAC senator last year.

In re-running for the office of ASB president, I realize the limitations of what can and cannot be done. Therefore I will not make promises for programs that are not affordable by the ASSAC budget. But I will continue looking for avenues for additional funding to provide more programs and activities, an example is still trying to find another avenue for funding the already approved Legal Aid Clinic. I decided to postpone final negotiations because of the drop of this year's enrollment.

Also under my leadership we have seen the greatest expansion in programs and activities in recent years. Homecoming is an example of the expansion in activities, we had 25 candidates up for Homecoming Queen, also the week of activities building up to the Homecoming game and a successful dance. I will continue the expansion of activities and programs. There has also been a great expansion in the intra-mural program, we are now involved with a volleyball league and will have other leagues as soon as facilities are available. Also we know have a successful ICC (Inter-Club-Council). I also have started the revision of the constitution.

For the first time under my leadership, we have tried to go out into the community and to other schools to get ideas for the students here at Santa Ana College. I have joined an organization which will give me contact with people from all over the state of California, about programs and activities. An organization California Community College Student Government Association (CCCSGA), also works with the California legislative in making those laws. A vote for Chris Miller is a vote for a proven leader and one that continues to provide the experienced leadership needed to run an effective student government.

Michael Congdon, Miller's opponent in the presidential race, has attended

SAC for three semesters and served as a reporter for el DON.



Santa Ana College can be much more of a school than it is right now. All we need to do to radically improve this college is to pick up the entire campus and move it out of Orange County, so it's away from all the smog.

Since this is impossible the best remaining way to improve campus life is to elect a better student government.

I am running for the student government office of ASSAC president because I know that I can do more for this school than the present leadership of ASSAC President Chris Miller.

Here is why: over the past semester he has failed to introduce even one major innovative program to this college. In contrast, I have several important and original programs for this campus.

Here is what I will work toward when elected, ASSAC President.

1) Get a bike path painted along the edges of the Bristol and 17th Street approaches to campus. This will require authorization from the Santa Ana City Council. I think that an official representative from this school, such as a student body president could get the needed authorization.

2) Start a campus food co-op. The savings are tremendous. The basic idea of a food co-op is that when people get together and pool their money they can buy directly from the farmer. This eliminates two or three middlemen. Savings are especially big on cheeses, currants, raisins and other dried fruits, cashews, peanuts and the like; health foods in general.

3) Join with local ecology groups to increase recycling of aluminum, glass and paper. This may not sound exciting but it is important. College campuses should be and usually are major forces for recycling. I don't see why Santa Ana College is not. Please remember that a 36-inch stack of newspapers equals one tree.

4) Have more parties.

5) Start a student dental insurance program. Dental care is just as important and just as expensive as a general health care. This school has a good health program. Why don't we start a Dental Program?

6) Increase our role as a Community College by working closer with local business. Examples: a) Contact local radio stations (KWIZ, KEZY, KORJ) and see if they will sponsor some vocationally-oriented courses in radio journalism.

b) Approach local legal agencies (Orange County Fair Housing Council at Bristol and Washington, Legal Aid Society, two blocks down 17th). See if these agencies will work with our school to establish some vocational training for pre-law students.

My opponent has argued that most if not all of my ideas are unworkable. This is not true. Many community colleges in this state already have such things as student dental programs and campus food co-ops. When I am elected I will see to it that these programs come to our college.



HYPNOTIZED -- Tim Smith tries self hypnosis for an el DON photographer. (photo by Dean Lyon)

Self Hypnosis shown help in improving attitude, ima

by Sean Reily

The first command is given. Sit down in the chair and lay back into its full reclining position. The padding is soft and warm to your back. Your muscles begin to slacken. Then another command. Look as far above you on the ceiling as possible without moving your head. Find a spot there on the roof with your eyes. Focus on that spot for the entire length of the experiment.

So begins the experience of being taught self-hypnosis. The teacher continues.

Feel your body relax. Start with your toes. Let the feeling of them become light. Feel them wanting to float. A soothing comfort is working its way down into your feet. They too fell weightless. Numbness begins to crawl through your legs.

The sensation is traced throughout your entire body until you reach the point of total relaxation. Once you've achieved this state you're at the height of receptiveness.

Self-hypnosis is taught as a means of self-improvement. The advantages of learning it are that its free, you control the entire situation and it can be practiced just about anywhere if your concentration is great enough.

In dealing with hypnosis "everything must be positive from the start, once you think

negative the whole is ruined," said Assistant Professor of Harvard University, Dr. Spiegel in an article in *Mademoiselle Magazine*. The doctor deals directly with self-hypnosis in his teaching.

According to Spiegel, people want self-hypnosis for predetermined reasons. The goal oriented which helps in this type of situation.

The process almost called a method of brainwashing yourself into a more positive outlook. Since your mind only concentrate on one thing at a time, if you learn to focus concentration strongly on one thing is very successful. This is of concentration and relaxation has been used in place of anesthetics in surgery and child birth.

Est experience develops life -- acceptance of people, events

by Jerri Ash

Is it possible for two weekends to change your life? Believers in est (Erhard Seminars Training) gladly acknowledge that this is true.

Basically, est deals with being able to accept life -- people, situations, events, etc. -- just as they are.

The founder of est, Werner Erhard, studied every discipline he could find, trying to sort things out in his own life. Concerns such as making a lot of money, having an important position and being respected in the world.

Then he had what he referred to as a 'catalytic experience'. "I experienced the source of perfection in life. What happened was that I had the experience that everything was actually all right. There was nothing to be anxious over."

Erhard put a seminar training together, for the sole purpose of people finding their own satisfaction with life.

The est cost is about \$250 for two weekends. There are est centers in Orange County as well as Los Angeles.

Essentially, est involves doing "est processes." A "process" involves sitting in your chair with your eyes closed, listening to what the trainer says, and watching what happens to your thoughts, feelings and emotions regarding various topics. You look at your own experiences of the mind.

It is designed to put us in touch with why we hold ourselves back from real living.

John Repp, a graduate of est, who wrote for *Pacific Magazine*, related that the value of the est training for him was a renewed ability to be satisfied with himself.

For Frank Bona, independent businessman, est help him get in touch with his barriers. "I am responsible for me," he explained.

In truth, we all have that ability to know ourselves. The problem lies in the fact that this ability is usually buried so deeply it is thought to be unconscious matter.

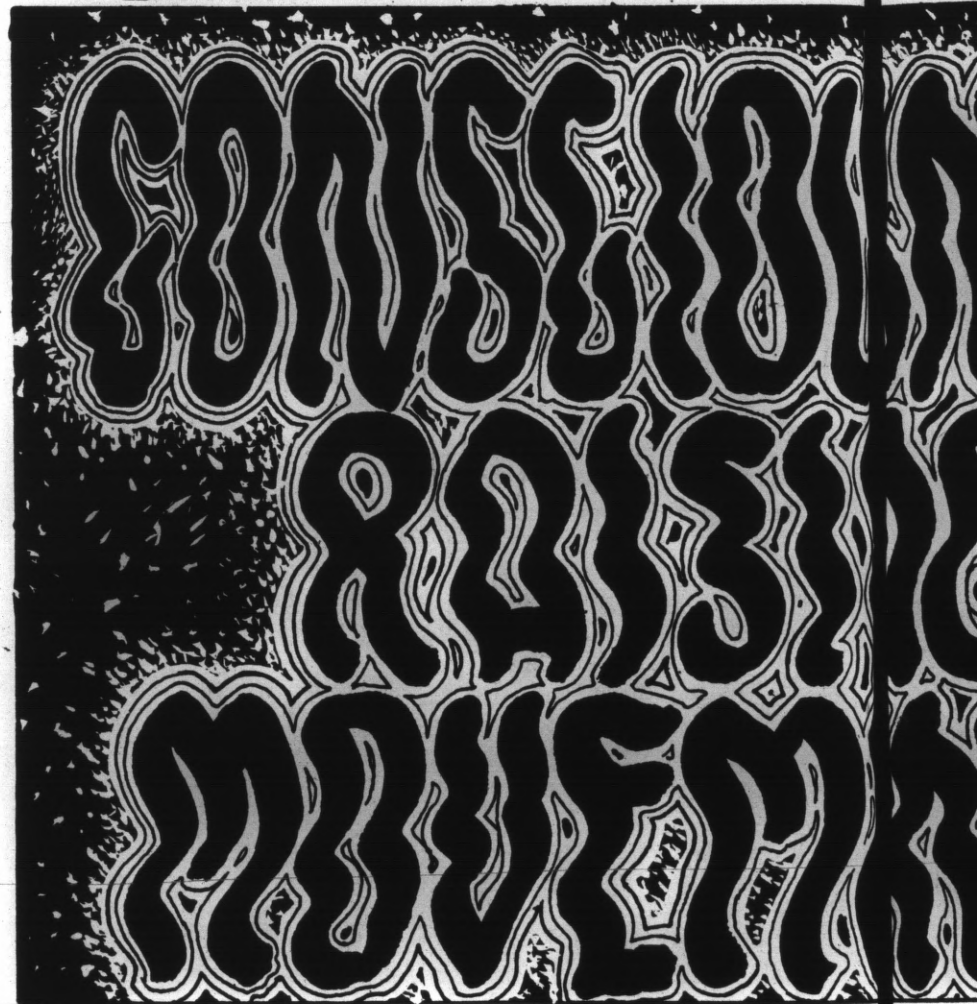
This fact makes it difficult, for without proper training, this ability is not easily recognized.

Est doesn't make you a better person; but rather you achieve a personal satisfaction in seeing things just as they are.

Sylvia Bona, est graduate and clerk in the SAC Business Division, refers to est as something that gives you total acceptance. "It made me realize that I'm the source of all my happiness. People have so many barriers that it's hard to really know the person underneath it all."

Musician Gary Madison has not gone to the est training. He has been reading books on est. He views it as something of a pragmatic approach, that is of finding what works for you.

In reality, est is not new, just borrowed. The phrase "And ye shall know the truth and the truth shall make you free," was here years ago.



T.M. -- relieves stress, supporters say

by Deirdre West

The Transcendental Meditation Technique, introduced into this country by Maharishi Mahesh Yogi, is done 15 to 20 minutes, twice daily and allows a person to develop their full potential.

Using a state of deep rest, the T.M. program frees the body of the stresses and strains which obstruct its normal functioning.

"T.M. develops an individual in a manner that a person finds himself growing in all aspects simultaneously. For instance, we find that on the level of the mind a person will experience increased mental clarity which benefits his academics and performance. On the level of the body the meditator experiences increased energy, better health and vitality, less fatigue and so on," Mollie Mathies, a teacher of the technique at the Transcendental Meditation Center in Costa Mesa, talks on the benefits of the T.M. Program.

Someone into T.M. will achieve more social poise (because they are not as worried about what people think), become more generous, productive and constructive members in society, she stated.

Very simple, the T.M. Technique involves no special postures, no specific diet and the times of practice are flexible. It requires 15 to 20 minutes twice daily, morning and afternoon, to sitting quietly "The whole program is so simple that most students can't believe how simple it is" stated Debra Blumberg, Costa Mesa Center T.M. teacher.

Not a religion or a philosophy, T.M. is an "automatic, mechanical, mental technique for this technological age, to develop the inner resources of man," explained Mathies.

Through the use of a mantra -- a sound without meaning -- the individual transcends the levels of his mind and body to obtain purity of thought.

The Transcendental Meditation technique has been used with medical benefits by people with high blood pressure and with middle class psychiatric problems, such as insomnia and depression, where pills are not the answer. Pills only remove the symptoms temporarily. According to Dr. Harold Bloomfield, psychiatrist and T.M. teacher, T.M. will get rid of them if given a period of time.

Two lectures are scheduled to be given at SAC, in the faculty lounge above the bookstore, Tuesday, Dec. 14 and Thursday Dec. 16. At the lectures, the T.M. technique will be explained, the process will be examined, questions are answered. During the second meeting names will be taken of those who might be interested in starting the program.

The lectures are offered free of charge to any who wish to attend and may be attended as many times as an individual wishes. The talks will be at the Center, various libraries and public buildings, as well as on campus.

Bill Christiansen, who will deliver the lecture, says he chose the campus because, "I live about two blocks away and I graduated from SAC. So I want everyone there to have the technique."

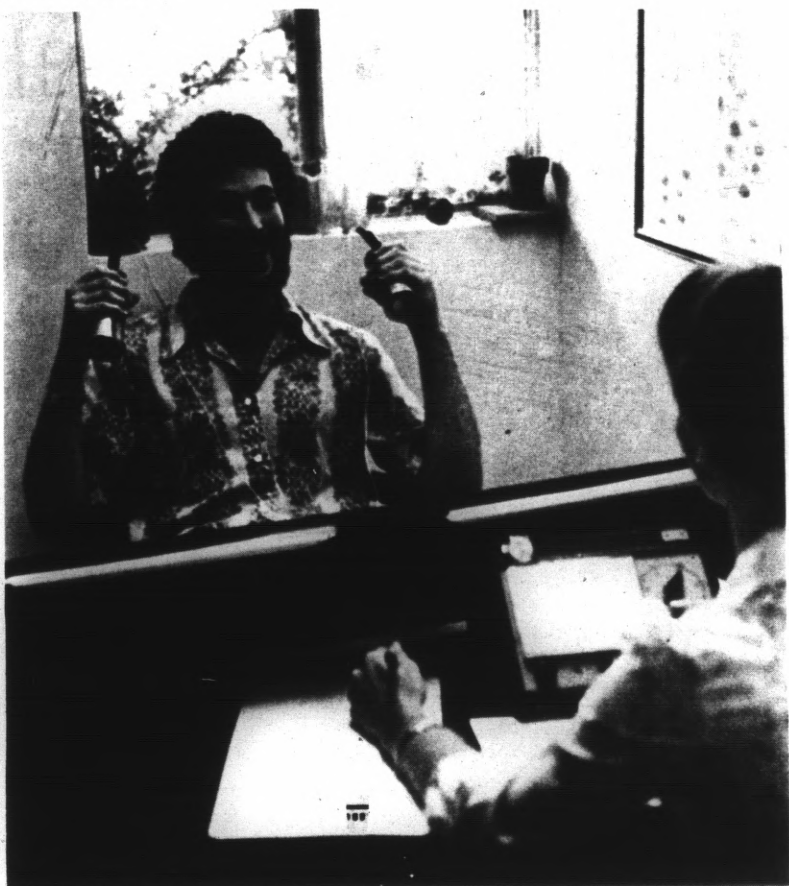
For the person already into the program, the T.M. center will get together campus clubs, offer pot lucks, lectures, checking, follow up classes, etc. There are residence courses, social gatherings and times when people who are into what they feel is a good thing get together to have fun and learn.



NO MORE STRESS -- Richard Hall gives introductory lecture at the

elp
ma

whole
assistant
Universi
an art
Magazin
directly
his teach
o Speigl
self-hypn
reasons, T
which help
situation.
almost
of brain
more pro
your mi
e on one
earn to fo
strongly en
ful. This
n and rel
d in pla
rgery and



CONFESSIONAL? -- Auditor Jean Oldham watches the E-meter while preclear Alan Berkowitz returns back, and reacts to stressful periods in his life.

(photo by Dave Busch)

Dianetics: fact or fiction; 'Man is good,' says 'L. Ron'

by Dave Busch

From all outward appearances L. Ron Hubbard Plaza, on Irvine Boulevard in Tustin, is just another one of the many small professional office complexes that dot Orange County, but in addition to insurance agents and other professionals, the stucco, glass and wood building houses the Church of Scientology - "An applied religious philosophy."

Scientology grew out of a book first published in 1950. Its author, Lafayette Ron Hubbard, became a household word as **Dianetics the Modern Science of Mental Health** rose to the Best Seller list. He claims Dianetics (from the Greek word dianoua, meaning "thought") could lead a person to happiness, a higher I.Q. and even better eyesight.

Hubbard said the mind could be divided into two parts, the "analytical mind," which acted like a computer and the "reactive mind," which was the seat of all inorganic illness.

The former science fiction writer, announced man's problem was that sub-conscious memories called "Engrams" could be triggered into

overriding the analytical or conscious mind and when this happened man behaves in an irrational manner.

In simple terms, "Dianetic Therapy" places a person in "reveries," exposing the Reactive mind to the light of "Analytical" probing, which is directed by an "Auditor." An Auditor uses an "E meter," a sort of stress detector, to give him clues on what areas of the "preclear" to probe. According to Hubbard, once exposed to the Analytical mind Engrams are diffused. "Man is good," he concluded and states, "if there ever was a devil, he invented the reactive mind."

Generally ignored by medical journals and scorned by the AMA, after a few years Dianetics suffered a decline until it regrouped under the name Scientology and Dianetics switched from a secular science to an "applied technology."

Hubbard had "discovered" the "Thetan," or soul, the source of the "mind," and claimed the body was just a physical form for translating the will of the Thetan.

Hubbard says that Scientology is the only religion that can prove all its tenets, members say "Scientology works."

Biofeedback allows mind-body control

by Julia Romero

Unlike the hippies' means of using drugs, a person can actually learn to tune into oneself by use of biofeedback.

Biofeedback is simply a method of learning how to control internal bodily functions by feeding back biological information to oneself through the use of mechanical devices.

One example are the Zen Yogis who practice a more elementary state of biofeedback by learning to slow down or speed up their heart rate. This extraordinary feat took deep concentration and years of persistence. Practiced in a modern day clinical facility with the aid of a mechanical device, it may take less than six months.

Biofeedback seems simple in concept but is probably the most complex of all discoveries made in psychology, because it's man through his mind controlling his biological processes. It allows him to sense his own internal body activities and to control them by observing what's going on. In this case man tunes himself rather than using medicine or therapy. He observes his accomplishments on a screen or use of other devices.

An article in the **Los Angeles Times** noted the attempts being made by a team of hearing specialists who are trying biofeedback to cure tinnitus - an ailment which causes persistent ring in peoples ears. Dr. Howard P. House and his wife Dr. Patricia R. House tried biofeedback "out of desperation because nothing else worked well."

The patient is taught to relax a muscle in the front forehead and at the same time increase his blood flow through his peripheral vascular system.

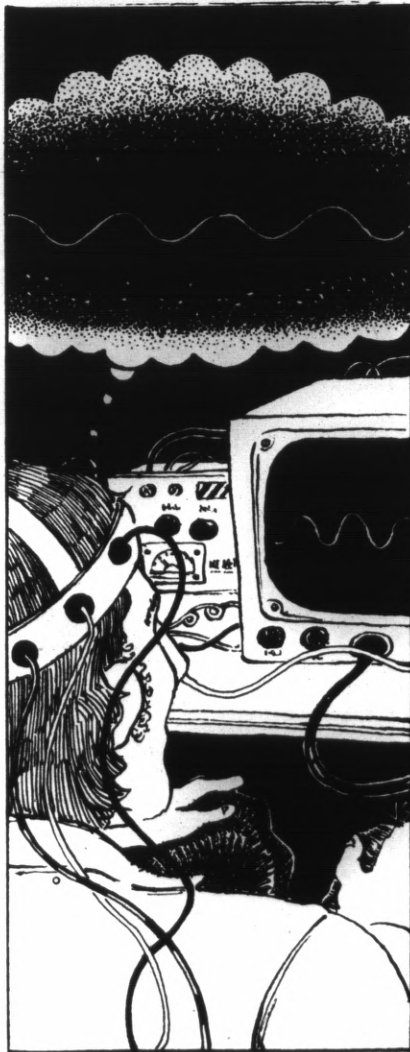
The patient hears a soft tone from the monitoring instrument whenever he succeeds in relaxing to the point that the muscle system becomes less tense and the skin temperature rises as a result of the increased blood flow. It is the increased blood flow that alleviates the pain. This is what the patient strives

for with the aid of the appropriate machine to give him the feedback.

SAC psychology instructor - Mr. Holdgrafer teaches his students the basics of biofeedback and has also devoted a small amount of time in exploration of it. "Biofeedback takes several weeks of time to accomplish, our psychology courses do not have that much available time," stated Holdgrafer. He also added that biofeedback doesn't work for everyone. It's a very private process.

Holdgrafer has reported that this technique has successfully been used by people with migraine headaches, high blood pressure, epilepsy, asthma and stomach ulcers.

At the present time biofeedback is in its "clinical trial" phase. Its effectiveness is being explored for a variety of medical and psychological problems as cited by Dr. Barbara Brown Ph.D. in her recent book entitled, **New Mind New Body**.



FOR ALL AGES -- Yoga doesn't discriminate against any age. Here, Robert Borland, a yoga student at SAC, performs the posture for meditation.

(photo by Sergio Zamora)

Body harmony through Yoga

by Kim Kavanagh

Americans are often too occupied with the perfection of their outer appearances and disregard the valuable strength hidden inside.

The history of the Greek civilization reveals their health philosophy a combination of mastering the body mind and spirit.

Around 1500-600 B.C. somewhere in India, someone had the same idea and formed it into a written way of life that we know today as yoga.

The literary meaning of yoga is "union" or "contact." Yoga symbolizes the unity of body, mind and spirit.

Yoga is aimed at internal harmony and health so that one may pursue a successful life, however defined.

SAC offers a course in yoga instructed by Helen Cox. It can be found in the catalog under physical education, but Cox states that the class is not limited to fitness of the body.

"Since yoga is a union of the body, mind and emotions, stress is not only on what to feed the body, but how to feed the mind and spirit."

The course is designed as an improvement in the student's flexibility, circulation, weight and resistance to illness. It also deals with the value of healthy positive thoughts and nutrition.

"Yoga is one type of exercise for all ages, weak or strong, you work at your own capacity," said Cox.

The results from yoga are many. A few yoga followers cite that it lowers the blood pressure, improves coordination, relieves tensions, calms the nerves, makes your hair grow, eliminates constipation and improves disposition.

A Yoga student at SAC, Barbara Kester, talked of her success with yoga, "I now have a positive mental attitude. I used to have a lot of little aches and pains, but since yoga they have all disappeared."

As to the requirements for yoga, no gym is necessary, no dumbbells or punching bags or any sort of instruments, merely a space a little larger than your body frame, some kind of comfortable pad to work on and preferably a setting filled with silence to better your concentration. Also you must have the desire for the knowledge of yoga.

Doug Gorrie, health instructor at SAC feels yoga is the ideal alternative for the person who despises vigorous exercise.

He also said that "the results from yoga are obvious and immediate . . . and it never taxes the system."

Yoga is not a religion, it employs no priests, there are no churches involved and engages in no particular creed. Religion is based on faith, but everything concerning yoga can be demonstrated.

The question of direction must be answered before one can move on and yoga provides a scope which can be shaped into many ways of life.

Hall give
the

center in Costa Mesa.
(photo by Jeff Barton)

'Lady's Not For Burning' flares with Renaissance fire and grace

by Phyllis Hutchins

Crystal drops of the Renaissance sparkled, sometimes moodily, through the 15th century comedy. The *Lady's Not For Burning*, Thursday night, at the opening of Christopher Fry's play in the Laboratory Theater, P-105, with the aura of Elizabethan language embellishing the drama.

The authenticity of the play was underlined by the rich

costumes procured by Thomas Timm Brucks, director.

The musical metaphor of Fry's play concerns a woman, Jennet Jourdemayne, played adequately by La Donna de Barros, whose property is coveted by the town council and is condemned by them as a witch.

Paul Medaille leaps and bounds heartily in his part of Thomas Mendip, the war-weary soldier who wishes to be hanged, while Don Thompson portrays the orphaned clerk with frightened fervor. The town of Cool Clary is administered by a bumbling, sneezing Mayor Hebble Tyson, smoothly played by Mike Stowell, and Maggie Swan convincingly portrays a confused Margaret Devise, the Mayor's sister.

Margaret's son, Humphrey is done with an awkward air by Phil Houtz; with son, Nicholas,

aptly done by Charles Blacketer. Alizon, Humphrey's bride-to-be, fluttered with maidenly grace in the fluent hands of Janet McGillivray. Vince Arrioja Jr., nods and caresses his violin as the pliable Chaplain, and Brent Kirk grimaces and garumphs as Tapperoom. Bruce Bushman as the town drunk sways and hiccups as he prays in his portrayal of the supposedly murdered Matthew Skippis.

The intimacy of the three-quarter round theater lends itself well to the mask of tragedy-comedy and the austere arches that comprise the set. Perhaps the ghosts of the first American performance by Sir John Gielgud and Richard Burton have inspired the excellent performances of the cast. The three act play was first performed at the Royale Theater, New York, produced by Atlantis Productions (The Theatre Guild--Tennent Productions Ltd. November 8, 1950.)

Reminiscent of the Old Globe Theater productions in San Diego, the play is easily seen in a timeless view of cynicism, greed and prejudice.

Tickets are now on sale for \$2 general admission, \$1 for students and senior citizens. The play will run through Saturday, Dec. 11, at 8 p.m. with a matinee performance at 2:30 a.m. on Sunday, Dec. 12. For more information telephone (714) 835-5971 or 835-3000, Ext. 227 between 1 and 4 p.m. Monday through Friday.

Rain's predicted for Beatle tribute

by Dean Lyon

SAC students ask for "Rain," and Don McCain, director of Student Activities, predicts that the five-member Beatles impressionist group will appear here.

In fact, they will give two concerts. First, a free 30-minute "teaser" show on Wednesday, December 15 at noon in conjunction with an ASB barbeque. And finally, a concert at Phillips Hall Saturday night Dec. 18 at 8.

The tickets are available now in the ASB office on a first-come, first-serve basis. The prices are \$2.50 for ASB cardholders, \$3 advance sale for all others and \$3.50 at the door.

"Rain" and their "Tribute to the Beatles" performed at SAC last spring with "a lot of approval from the students," noted McCain, and with the "demand for their return." The sell-out performance of last

semester is almost insured again this fall.

Although the group does not look like John, Paul, George and Ringo and they out-number them by one, "Rain" does wear authentic costumes of the Beatles era and play the musical greats created by the Beatles.

"Rain" presents the three general time-periods in the Beatles' career starting with the irrepressible early Beatles, then the progressive Sgt. Pepper and Magical Mystery Tour stage and ending with the late Beatles featuring their voluminous White Album and the famous Abbey Road venture.

The talented band simulates the Beatles' sound with Bill Connerney on lead guitar, bassist Chuck Coffey, Eddie Lineberry playing rhythm guitar. Grant Belotti on percussion instruments and Mark Lewis commanding the Keyboards.

"If you close your eyes," insists McCain, "they sound like the Beatles."

RESEARCH

Thousands of Topics

Send for your up-to-date, 160-page, mail order catalog. Enclose \$1.00 to cover postage and handling.

RESEARCH ASSISTANCE, INC.
11322 IDAHO AVE., # 206
LOS ANGELES, CALIF. 90025
(213) 477-8474

Our research papers are sold for research purposes only.

Get into the scene.
Get Ready To Ski



580 South Beach Boulevard
La Habra, California
(213) 691-1742

ENROLL NOW IN
DRY-LAND
SKI SCHOOL

Come ski on our outdoor deck
and enjoy beginner to advance
dryland ski school

ALL EQUIPMENT FURNISHED

SIX HOURS OF LESSONS FOR \$25.00

Package Includes: Two hours of lessons at Mountain High Ski Area, Wrightwood, California
SIGN UP NOW, LIMITED NUMBER
SEASON PASSES NOW ON SALE

FOR ONLY \$75.00 YOU CAN SKI ALL SEASON
AT MOUNTAIN HIGH SKI AREA, WRIGHTWOOD, CA
STUDENT SEASON PASSES ARE GOOD ANYTIME.
MOUNTAIN HIGH SKI AREA IS ONLY 1hr 20 min.
FROM YOUR COLLEGE. NASTAR RACES EVERY FRI.
SAT. AND SUN. SPECIAL COLLEGE RACES

FREE
Safety Ski Check

Bring your skis, bindings and boots into our shop and have our free safety check. Our technicians will inspect your equipment and let you know if any repairs or adjustments are needed for your skiing safety.

Take a friend SKIING...have fun

Choirs to give gift of Christmas song

Thomas Carlyle spoke well when he said, "Music is the speech of angels." Nothing is so much a part of the holiday season as music.

The familiar strains of traditional carols and the lofty chords of both secular and sacred classics are the most

meaningful expressions of the feeling and emotion of this time of year, and there is no better way to capture the seasonal spirit than through the joy and enchantment of Christmas music.

The SAC choirs, under the direction of Larry K. Ball, will present an evening of that enchantment Dec. 17, at 8 p.m. in Phillips Hall. Ball sees this concert "as the Music Department's gift to not only the college, but also to our community."

The first half of the program will feature the Concert Chorale performing pieces by Britten, Kraenenbuehl, Hassler and Gasparini. Rene Baldwin will sing a Christmas spiritual, and the audience will be invited to join in the singing of carols with the choir.

The Evening/Community Chorus will perform George Frideric Handel's *Messiah* with orchestral accompaniment for the second part of the evening. Soloists are to be soprano Elizabeth Gilmore and bass Paul Brown. Other soloists include Christine Wait, soprano; Gregory Wait, tenor; and Becky Werner, alto.

PET CANDLE®

Florida's Answer to the Pet Rock. PET CANDLE comes to you with complete set of operating instructions to train your PET CANDLE to sit up, stand, light up, and fly.

Available in Small, Medium, and Large Sizes.

PET CANDLE

110 Giralda Ave., Coral Gables, Florida 33134

Small	\$1.00 plus 50c postage & handling
Medium	\$2.00 plus 75c postage & handling
Large	\$3.00 plus 95c postage & handling

Name

Address

City

State

Zip

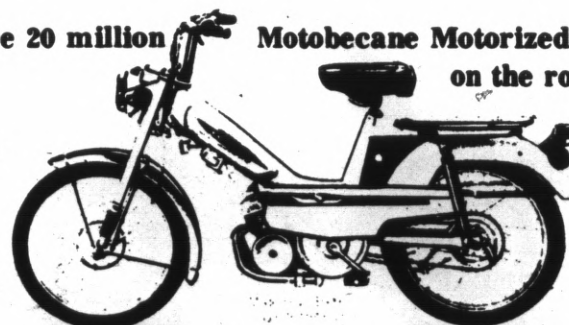
© 1976. Pet Candle Inc.

GRAND OPENING

Why are there 20 million Motobecane Motorized Bicycles on the road? Because you get:

• up to 218 MPG, more than any other motorized bicycle

Located on 17th St. Between Flower & Broadway in Santa Ana.



• Michelin Tires that hold the road
• our factory-trained service expert
• priced as low as \$339 plus dealer prep and delivery

MOTOBECANE

WE SERVE YOU

ORANGE COUNTY MOPED
509 W. 17th ST. SANTA ANA - 836-0020



BIONIC POWER - Earl F. Smith administering "mat justice" upon Rio Hondo's Grant Ekins. (photo by Jim Stoughton)

Injuries slow Don grapplers

by Victor Cota

Coming off a 3-3 record and a fourth place finish in the South Coast Conference last season, the young SAC grapplers began this year's campaign two weeks ago determined to better the 1975-76 slate, but after a rash of injuries the outlook suddenly has become bleak.

After a 24-16 triumph over LA Pierce in the opener and a respectable show in the Southwestern Tournament last weekend, five of Coach Frank Addleman's grapplers were slowed with injuries.

Out for part of the season are Victor Duarte (118), Gerry Mora (126), Everett Winters (118), Kevin Harvey (167) and Jack Elmer (Hwt). The first two will undergo knee surgery and are not expected back until February. Elmer, too, will be out until the second month of next year.

Most of the injuries were suffered at the Southwestern Tournament in Chula Vista. SAC placed sixth out of 26 teams, with Palomar taking the crown.

Steve Draper won the 177-pound division, while Harvey took second in his weight. Gary Syfers placed fourth in the 190 category.

"We have some good individual competitors but with Duarte, Mora and Winters out for an indefinite period, we will be extremely lucky to win any dual meets for a while," said the saddened mentor.

"We're going to hurt in the head-on competitions. Our only chance will be in the individual tournaments," Addleman added.

The coach said co-captain Aaron Thomas, Don Hill

(presently ineligible because he transferred from OCC), Steve Draper and Harvey are potential state finalists.

The Dons hosted the Santa Ana Invitational Dual Tournament last Wednesday but results were not available at press time.

Smith stars in win

by Ray Crawford

Led by the phenomenal shooting of star guard Steve Smith, the Dons stormed their way to an easy 88-75 triumph over the Long Beach State junior varsity last Saturday at the Long Beach Sports Arena.

Smith, who carried a 26.6 scoring average into the game, dazzled the partisan Long Beach crowd with his picture-perfect jumpshot and acrobatic driving lay-ins. The 6'2" sophomore's brilliant shooting exhibition enabled him to score a game-high 34 points.

Smith's splendid play was aided by three talented freshmen. Sylvester Pritchett, Steve Hair, and Reggie Traylor unveiled poise and ability in the pre-league encounter.

Pritchett, a 6'4" jumping jack from San Mateo, displayed uncanny jumping ability as he yanked down 10 rebounds before fouling out. The kangaroo-leaper also tallied 16 points.

Hair, who hails from Cedar City, Utah, is a 6'3" guard who compliments Smith superbly. His steady floor play provides the Dons with stability in the backcourt.

"Even though Steve didn't score a lot of points, he came up with another good floor game," stated Coach Rolland Todd, referring to Hair's performance in the Long Beach game.

In addition to Pritchett and Hair, SAC received a stellar showing from Traylor. The diminutive 5'9" guard from Santa Ana High passed off numerous assists and scored 10 points with his soft, left-handed jumper.

"Reggie played his best game of the season," commented Todd, whose team now sports a 4-2 record.

Sophomores George Curington and Sean Reily also played instrumental roles in the squad's victory.

The Dons tangled Pasadena in a tough pre-league battle last night.

SAC will play in the Modesto Tournament next Wednesday through Saturday.

ARMY RESERVE FULL TIME OPPORTUNITIES PART TIME

Supplement your income without interfering with your studies.

Gone are the days of \$25 a month and all the hay your horse could eat (and you too, sometimes). Today, that and more is made every day by Army Reservists such as yourself. And the fringe benefits are excellent.

The ARMY RESERVE is the perfect part time job. One weekend a month and two weeks each summer.

Qualified Men & Women
17-35

SINCE 1776

Call your ARMY RESERVE Recruiter 552-3173



DONORS NEEDED

Do you need extra spending money for college?

WEST BIOLOGICS

Up to \$50.00 per month
116 W. 3rd Street, Santa Ana
541-2604

Closed Wednesdays and weekends.

Ms. MoPed

1190 N. Glassell
(Near Katella) Orange

633-2040

Hours:
M-S-11-7
Sun-1-5

Quality - Economy
5 Models - 7 Colors
1 Year Warranty
EZ Terms
\$399 - \$469



•Motorized Bicycles

FOXIGT



Up to
160 MPG

MOPEDS

Student banking problems are different. Their bankers should be, too.



That's why Bank of America has Student Representatives close by at offices near major college campuses in California. They're always students or recent graduates themselves. So they know all about student banking problems. And how to solve them.

They know all the ways our College Plan® can help you, too. So why not stop by and talk things over. Our Student Reps can make your banking easier.

Depend on us. More California college students do.

BANK OF AMERICA



Bank of America NT&SA • Member FDIC

At Santa Ana College, just ask to see
Rod Brown
Chapman-Tustin Branch
225 N. Tustin Street • 836-3525

Classified Ads

TICKETS AVAILABLE. Peter Frampton, Bee Gees, Beach Boys and Sparks. Excellent seats. Telephone orders promptly filled. (213) 477-4449 11-5 p.m.

Travel

A.I.S.T. Low Cost Flights to Europe, Israel, the Orient, and New York. L.A. to London starts at \$349. Call (714) 870-1031. 465 W. Valencia #1, Fullerton, Ca. 92632.

EUROPE, ISRAEL, AFRICA. Student charter flights year round. ISCA 1609 Westwood Blvd. No. 103 Los Angeles, Ca. 90024

Netters reach nationals

by Elaine Beno

The 43-0 women's volleyball team, after wrapping up another win and the Southern California title in Los Angeles last week, is in San Diego today competing for the National Community College Volleyball Championship.

This tournament, hosted by Grossmont College, has the best community college teams from the nation, all striving for the "number one in the nation," name.

"I don't know some of the other teams but knowing that volleyball strength comes from Southern California, we should be contending for the title," said

a determined and optimistic volleyball coach, Nancy Warren.

Her squad is one of four teams from the southern section competing with teams from New York and Florida.

The SAC spikers have in their playing pool: Snow College of Utah, Central Illinois and Miami Dade College from Florida, of which they must defeat before advancing to the finals tomorrow.

Not since the late '60s has Warren had a team this successful and talented. The coach expects SAC to do well against the other 11 teams from across the country.

During last week's matches the Dons soundly beat Long

Beach, 15-1 and 15-12, Orange Coast College, 15-8, 11-15 and 15-13, El Camino 15-4, 16-18 and 15-10 in semi-final play.

In the finals, the volleyballers again defeated El Camino, 15-9, 12-15, and 15-11 to earn the championship.

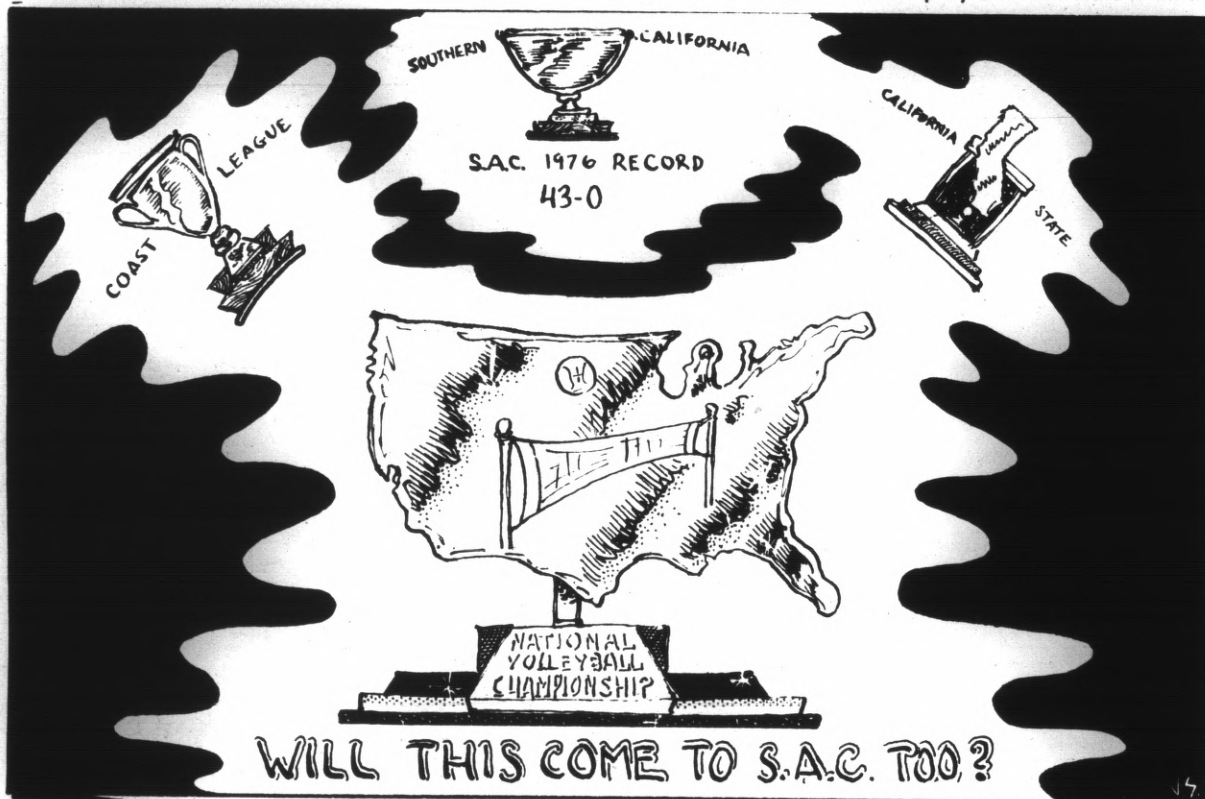
Although a few members of the team are recovering from the stomach incurred at the Los Angeles tournament, the women are ready for San Diego's rigors.

"I'm really excited. It's a mystery to me about what's going to happen. The team is trying to find the light at the end of the tunnel. We have no information on how the other teams play and the wait is killing

Bulletin

In first round action, the SAC women's volleyball team downed Central Illinois 15-5, 15-3 during last Wednesday's game at Grossmont College.

The squad met with Snow College, Utah and Miami Dade, Fla. yesterday. Results were unavailable at press time.



Victory! It came but once for small women cagers

by Gary Witte

SAC's women's basketball team celebrated last week after bringing their first league victory home, a 57-54 cliff hanger over Cypress.

The cagers were slated against the Chargers on Wednesday, Dec. 1. In the well-matched contest the hoopsters battled diligently and persisted to conquer the Cypress squad.

In the victory, Palmer mentioned that forward Angie Andrade was the high scorer with 18 points and Pam Smith accounted for 15, besides hauling down 18 rebounds. Ivonne Baca, Karen Hobel and Jami Tasch were cited as other outstanding players in the battle.

Baca, Tasch and Hobel are the only returnees from last year's second place, Southern Conference team.

The SAC mentor noted that the team is still in a learning situation. They have come a long way, but just lack the depth that the other teams use to their advantage, she related.

Palmer has been with SAC for three years as a part-time instructor. In the spring she heads up the women's softball squad which has been her duty since 1975. "I do have another job," she laughed when asked of what supplemented the meager income of a part-time coach. "I'm an artist," she mused. "I am a sculptress, and am in the commercial art business so to speak."

The cagers battled last Monday against conference leader Fullerton.

Jo Luzania put forth an outstanding effort putting 11 points on the board. SAC was beaten 72-39.

On Wednesday the season officially terminated with Golden West, this year's second place finalist. No score was available for that game.

HELP WANTED

"How to Make \$9 to \$16 per hour while on vacation or on weekend."

\$3 plus 50¢ postage and handling.

The Morgan Press

308 South Dixie
W. Palm Beach, FL 33401

©The Morgan Press, 1976

UNITY CHURCH OF TRUTH
410 E. Santa Ana Blvd.
Santa Ana, Ca.

Practical Christianity
Sunday Services 10 a.m.

Love is our God
Life is our Religion

Humanity is our church

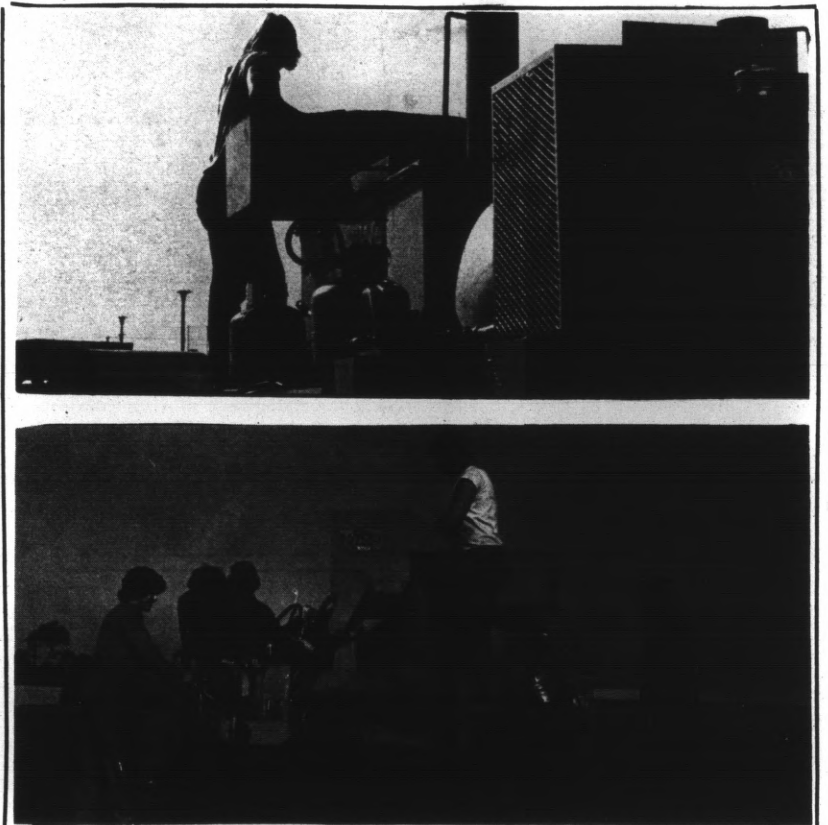
Church 547-5401

Dial-A-Prayer: 543-2002

Loving our neighbor as ourselves is
our worship.



Rev. Philip Nicola-Minister



A TRACK FOR ALL SEASONS -- Construction on the new \$67,500 resurfacing project on the SAC track began in the days past and is expected to be completed by the middle of next week. Workmen here are laying out the shredded rubber which will be approximately one-half inch thick to provide users a ground that will "give" when run on.

(photo by Mike Smith)

ONCE IN A LIFETIME

BOOK
SALE

75,000 HARDCOVERS
25¢ EACH

FICTION · NON-FICTION · SCI-FI · WESTERNS
MYSTERIES · BIOGRAPHIES · DO-IT-YOURSELF
RELIGIOUS · PRE SCHOOL · CHILDREN · NOVELS
MANY OTHER SUBJECTS

THE LITTLE SHOP

43 YEARS IN SANTA ANA
425 N. SYCAMORE 714-542-3268
OPEN 12 AM TIL 8 PM
SEVEN DAYS